

# Shoreline



City of Seal Beach Classes and Activities • Winter 2017-18



# City of Seal Beach

211 8th Street, Seal Beach, CA 90740 • (562) 431-2527

## CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7pm

Mayor	Sandra Massa-Lavitt, District 5
Mayor Pro Tem	Mike Varipapa, District 3
Council Member	Ellery Deaton, District 1
Council Member	Thomas Moore, District 2
Council Member	Schelly Sustarsic, District 4

## CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joe Miller
Director of Public Works	Steve Myrter
Deputy Director of Public Works/City Engineer	Michael Ho
Director of Finance/City Treasurer	Victoria Beatley
Marine Safety Chief	Joe Bailey

## COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Community Services Coordinator	David Nett, ext. 1339
Recreation Coordinator	Jessica Jacobs, ext. 1344
PT Recreation Coordinator	Kevin Ortiz, ext. 1307

## RECREATION COMMISSIONERS

District 1	Steve Miller
District 2	James Dunphy
District 3	Rita Hayes
District 4	Ann Gunvalsen Saks
District 5	Christine Bittner

## MUNICIPAL MEETINGS

### Council Meeting

7pm; 2nd & 4th Monday per month

### Planning Commission

7pm; 1st & 3rd Monday per month

### Environmental Quality Control Board As Needed

### Recreation Commission

6:00pm; 4th Wednesday/month

January, February, March, April, May, June,  
September, October, November

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## HOLIDAY CLOSURES

Thanksgiving - November 23 & 24

# REGISTER<sup>Online</sup>

SealBeachCa.Gov

Online Registration Begins:  
**November 6, 2017**

Walk-in and Mail Registration Begins:  
**November 13, 2017**

We welcome non-residents to participate in our programs. Register early to avoid class cancellations. Pre-registration required through the Community Services Department for all classes. If your name is not on the roster you may not participate in the class until class fees have been paid.





# City News

*City of Seal Beach*

## *A Message from the City Manager's Office*

**A**s winter begins to take hold, and we begin to ready ourselves for the holiday season, we must also take some time to reflect on this year's accomplishments and challenges so that we can strive to be better in the New Year. The City Council along with City management staff did just that at the October 18th semi-annual Strategic Planning Workshop. This public meeting is held twice a year and provides an opportunity for the Council and staff to deliberate on identified goals and future objectives. Residents also attended to provide input and share their ideas about our community.

The City has five core areas that Council and staff have classified as being of primary importance to the community: Providing a quality beach and pier environment (including a restaurant), Achieve short and long-term fiscal sustainability, Improving and maintaining infrastructure and facilities, Attracting, developing, compensating and retaining quality staff,

and Enhancing public safety. These core areas were identified because they echo the sentiments and desires of the residents and thus become goals of the City Council. Within each of these core areas are a number of tasks that City staff attempts to accomplish within a six-month period. These tasks are in addition to City staff's day-to-day responsibilities and the accomplishment of these tasks can sometimes be delayed by a myriad of factors including unexpected issues, outside agency responsiveness and/or lean staffing levels, to name just a few.

However, despite all of these inherent obstacles, City staff has completed many of the objectives that were established six months prior. I want to commend and acknowledge staff's tremendous work efforts on behalf of the community and thank them for their sustained excellence and commitment. I would also encourage you to visit the City's website at [www.sealbeachca.gov](http://www.sealbeachca.gov) to view the most recent six-month strategic objectives

matrix, as well as the list of recent accomplishments.

Much of the work that the City performs is achieved through collaboration, whether it's public to staff, agency to agency or Council to staff. In either scenario, collaboration is the principle that shapes our policies and ultimately our community. We encourage your active participation in the government process. Your input is not only valued but imperative to ensure that we have continued success and prosperity in the years ahead. I encourage you to express your views at a public meeting, take a more formal role as a commissioner or simply stop by City Hall and share your ideas with us.

Wishing you the best this holiday season!

### **NEW City Newsletter**

Please take time to read our bi-weekly community newsletter on our website to stay current on City updates, projects and events.

# CHRISTMAS TREE SAFETY



The Orange County Fire Authority wants you and your loved ones to enjoy a safe and happy holiday season. We are providing the following safety tips to ensure your holiday celebrations are fire safe and injury free.

A fresh tree will be less of a fire hazard than a dry tree. To check for freshness, trees should have the following:

- ▲ Needles are hard to pull from branches.
- ▲ When bent between your fingers, fresh needles do not break.
- ▲ The trunk-end of a fresh tree is sticky with resin.
- ▲ When the trunk of a fresh tree is bounced on the ground, only a few needles will fall off the tree.

Do not rely on chemical coatings or sprays to flame-proof your tree. Any cut tree, even those treated with flame retardant, will still dry out. Daily care and watering help a tree remain relatively fire resistant longer.

- ▲ Place your tree away from fireplaces, radiators, heater vents, air ducts, and other heat sources. Make sure the tree is out of the way of day-to-day traffic and doesn't block doorways.

- ▲ Cut off approximately two (2) inches of the trunk. Mount the tree in a sturdy, water-holding stand with wide-set legs. Fasten a large tree to walls or ceiling with thin guide wires.
- ▲ Fill base of holder with water daily, maybe even twice a day. Keep it full of water while the tree is indoors (just as you would with fresh flowers). Remember - heated rooms dry trees out very quickly, creating fire hazards.
- ▲ Avoid placing breakable ornaments on lower branches where children and pets can reach them.
- ▲ Ornaments and other holiday decorations should be noncombustible or flame resistant.
- ▲ Remove your tree promptly from your home after the holidays. A dried-out tree is extremely hazardous. An ignited tree can be totally consumed by fire in 3-5 seconds, and generate over 2000 degrees of radiant heat.

Remember, Christmas trees are a traditional part of the Christmas holiday, but they can also be a major source of fuel in a fire.





## Winter Sand Berm

The City of Seal Beach constructs a sand berm on East Beach prior to the onset of winter to provide enhanced protection to that area from storm wave related flooding.

This practice began in the early 1960's and has been conducted every year since. The sand berm is a "soft structure" meaning it can be put up or taken down rather easily (at the expense of cost, aesthetics and view impacts).

The berm is, in essence, a sacrifice of sand, designed and placed to maximize beach protection against the onset of coastal flooding due to storm waves. The level of protection provided is dependent on the size of the berm (its height, width and length) and the time of year it is built and removed. The taller and wider the berm, the more protection at a much higher cost.

Every other year, the city performs a "back-passing" operation which is a transportation project to bring sand back from West Beach (where a lot of sand from East Beach gets washed towards) to East Beach. Winter of 2017/2018 is a back-pass year.

The City's Public Works department contracts out with independent contractors to perform the construction and removal of the berm in the winter and then in the spring.

These contractors build the berm to a specific engineered plan that outside coastal engineers have provided the City. It specifies the size, shape and location of the berm along with the location of the sand sources to be used in building the berm.

It is built the entire length of East Beach stopping just short of the Naval Property on the east and just short of the pier on the west. It is 10 feet wide at the top and tapers down on both sides.

The middle of the berm is built the tallest and then tapers down slightly until finally matching the existing beach elevation at both ends. The landward side of the berm begins at the palm tree rings which are about 100 feet from the boardwalk.

# LIBRARY PROGRAMS

Mary Wilson Library

707 Electric Avenue

## Children's Programs

### Fun with Ozobots

Ages 6 - 10  
Thursdays  
Dec. 14-28 and Jan. 11-25  
5 - 6:30pm

### Stuffed Animal Sleepover

Thursday, Jan. 4  
5pm

### Saturday Afternoon Movies

2pm - Call for dates and title  
Please call for visit dates

### Harry Potter Wizarding Week

March 5-8 and March 10  
4 - 6pm

### Lantern Making Workshop

Saturday, March 24  
11 am

### Legos in the Library

Every 1st Thursday  
4-5:30pm

### Reading with Rover

Thursday - Call for date  
4-5pm

### BARK Stay & Play with Rover

3rd Wednesday of the Month  
10:30am - 11:00 am

### Kids Book Club

3rd Wednesday of the Month  
4 - 5 pm

### Toddler Story Time Stay & Play

Monday & Tuesdays  
Jan. 8 - March 27  
(No Storytime Jan. 15, Feb. 12 and Feb. 19)  
10:30a.m. & 11:15a.m.

### All Day Kids Crafts

1st Saturday of the Month

### Teen Advisory Board

Ages 12 - 18  
Every 1st Thursday  
5:30 - 6:45pm  
RSVP for Refreshments

## Adult Programs

### "Big Read" Movie Screening

Loving  
Thursday, Feb. 8  
4pm

### Saturday Afternoon Movies

2pm  
Call for date and title

### Blind Date with a Book

Tuesday, Feb. 13  
6pm

### Lantern Making Workshop

Saturday, March 24  
11am

### Craft Group\*

2nd Tuesday of the Month  
2-3pm  
\*must pre-register

### Culinary Mystery Book Group

3rd Tuesday of the Month  
6-6:45pm

### Movie Discussion Group

4th Tuesday of the Month  
2-3pm

### Book Discussion Group

4th Thursday of the Month  
10-11am

## Library Hours

Monday-Thursday: 10am-7pm  
Saturday: 9am-5pm • Closed Friday and Sunday

**For more information, call 562-431-3584**

## ■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Democratic Club of Seal Beach	714-253-6705
Food Finders	Patti Larson — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Philharmonic Society of OC	Debbie Edwards — 562-254-4693
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Beauty Pageant	Rosie Ritchie — 562-810-0078
Seal Beach Lions Club	Scott Newton — 562-537-3955
Seal Beach Leo Club	Scott Newton — 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith — 714-996-5864 edsmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

## ■ TRASH

Republic Services	(800) 299-4898
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## ■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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## ■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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## ■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546
Leisure World	562-431-6586
Fire Main Line	714-573-6000
Fire Information	714-573-6200

## ■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

## ■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

## ■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066
Marley's Preschool	562-598-2900

## ■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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## ■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	— Adult Sports, General Information and Classes
Ext. 1341	— Athletic Fields, Aquatics, Gym Reservations, Film Permits and Seal Beach Tennis Center
Ext. 1339	— Facility/Park Rentals and Special Event Permits
Ext. 1344	— General Information, Brochure/Classes and Instructors, Community Gardens and Swim Lessons



City of Seal Beach- Community Services



SealBeachRec



November 18

## Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit [www.sealbeachchamber.org](http://www.sealbeachchamber.org) for event details.

December 1

## Seal Beach Holiday Parade

7 p.m. • Parade route is down Main Street

Register at [sealbeachlions.com](http://sealbeachlions.com). Registration deadline is November 1. For more information, call 562-537-3955.

December 9

## Breakfast with Santa

8-10:30 a.m. • FREE!

Marina Community Center • 151 Marina Dr.

First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair!

## Free Tax Assistance

Mondays February 5 - April 16, 2018

Fire Station #48 - Community Room

3131 N. Gate Rd

Free assistance for taxpayers with low-middle income, with special attention to those 60 and older in preparing State and Federal Income Tax returns. Appointments taken on a first-come, first-served basis at 8:30am, 9:30am, 10:30am, and 11:30am. You will meet your tax counselor at Fire Station #48 - Community Room. Call (562) 431-2527 x1344 or x1339 for your free appointment and paperwork today!

Seal Beach Community Performing Arts Association presents...

## Christmas Holiday Concert

with the West Coast Pops Orchestra and McGaugh Children's Choir

Sunday, December 17, 4:00pm

McGaugh Auditorium

Admission: \$10.00

Children under 12 FREE

Purchase tickets at [sealbeacharts.org](http://sealbeacharts.org) or at the door.

Info: Esther Kenyon, 562-429-3992

2017 SEAL BEACH

# christmas tree lighting

TREE ORNAMENT FORM

Get your personalized gift tag to be placed on our tree! These tags are sold to fund the tree. Tags are made out to the Seal Beach Community; you personalize who it's from. **Example:** From the friendly Seal Restaurant on Main Street, or From the Miller Family, in Support of Fighting Breast Cancer.

\* Specify tag (check one):

☐ Large gift tag (15" x 9")



☐ Snowflake (9" x 12")



☐ Small circle (7" x 7")



Tag designated from:



Name:

Address:

City, State, ZIP code:

Email:

☐ Check enclosed. Make checks payable to: Seal Beach Chamber of Commerce ☐ Credit card ( ) VISA ( ) MasterCard ( ) AMEX

Number: \_\_\_\_\_ Exp. \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

DEADLINE  
NOV. 1

REQUESTED  
DONATION  
\$100 Large Gift Tag  
\$75 Snowflake  
\$25 Small Circle

\* Design and color subject to change

Seal Beach Chamber of Commerce | 201 8th Street Ste. 110 | Seal Beach CA 90740 | 562.799.0179 | [sealbeachchamber.org](http://sealbeachchamber.org)

## Music & Movement

**Danuta Klimczak, Seal Beach Senior Center, 707 Electric Ave**

Designed to provide a positive, challenging, learning environment for children to blossom both musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. Parent participation required for 2 year old class.

111061-01	4 weeks	Fri	1/5-1/26	10-10:50am	2 yrs	\$55
111061-02	4 weeks	Fri	1/5-1/26	11-11:50am	3-4 yrs	\$55
111061-03	4 weeks	Fri	2/2-2/23	10-10:50am	2 yrs	\$55
111061-04	4 weeks	Fri	2/2-2/23	11-11:50am	3-4 yrs	\$55

## Hip Hop

**Anne Pennypacker**

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! Tennis shoes or Jazz shoes required. No class 1/15

**Los Alamitos Community Ctr, 10911 Oak Street**

142034-01	5 weeks	Mon	1/8-2/12	3:45-4:30pm	5-13 yrs	\$67
142034-02	5 weeks	Mon	2/26-3/26	3:45-4:30pm	5-13 yrs	\$67

**Marina Community Center, 151 Marina Dr**

142034-03	5 weeks	Thu	1/11-2/8	3:45-4:30pm	5-12 yrs	\$67
142034-04	5 weeks	Thu	2/22-3/22	3:45-4:30pm	5-12 yrs	\$67

**Recreation Park, 4900 E 7th Street, Long Beach**

142034-05	5 weeks	Tue	1/9-2/6	4:30-5:15pm	5-12 yrs	\$67
142034-06	5 weeks	Tue	2/13-3/13	4:30-5:15pm	5-12 yrs	\$67

## Hip Hop Tots!

**Anne Pennypacker**

**Recreation Park, 4900 E. 7th Street, Long Beach**

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class.

122027-01	5 weeks	Tue	1/9-2/6	4-4:30pm	2.5-5 yrs	\$67
122027-02	5 weeks	Tue	2/13-3/13	4-4:30pm	2.5-5 yrs	\$67

## Rockstar Popstar

**Anne Pennypacker**

Dancers will party, learning lyrics and hip hop moves to our favorite pop songs and be stars! At session's end, we'll rock out and be fabulous, throwing a concert not to be missed!

**Recreation Park  
4900 E. 7th Street, Long Beach**

127046-01	5 weeks	Tue	1/9-2/6	5:15-6pm	5-12 yrs	\$67
127046-02	5 weeks	Tue	2/13-3/13	5:15-6pm	5-12 yrs	\$67

**Los Alamitos Community Ctr  
10911 Oak Street**

127046-03	5 weeks	Mon	1/8-2/12	4:30-5:15pm	5-12 yrs	\$67
127046-04	5 weeks	Mon	2/26-3/26	4:30-5:15pm	5-12 yrs	\$67



## Musical Minis

**Anne Pennypacker**

**Recreation Park, 4900 E. 7th Street, Long Beach**

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love!

127070-01	5 weeks	Tue	1/9-2/6	6-6:30pm	2.5-5 yrs	\$67
127070-02	5 weeks	Tue	2/13-3/13	6-6:30pm	2.5-5 yrs	\$67

## Lyrical Dance

**Anne Pennypacker**

**Los Alamitos Community Ctr, 10911 Oak Street**

Learn to express emotion through the movement of the body in this inspirational dance class. Dancers will learn the continuation of movement within choreography that fuses flowing modern movements together. No class 1/15

122031-01	5 weeks	Mon	1/8-2/12	5:15-6pm	6-13 yrs	\$67
122031-02	5 weeks	Mon	2/26-3/26	5:15-6pm	6-13 yrs	\$67

## FuNk!

**Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street**

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and FuNky! Dance sneakers or tap shoes recommended for class.

122029-01	5 weeks	Fri	1/12-2/9	5:45-6:15pm	6-13 yrs	\$67
122029-02	5 weeks	Fri	2/23-3/23	5:45-6:15pm	6-13 yrs	\$67

## Stars of Jazz

**Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street**

Fusing the best of ballet and jazz movement, this class will master the art of dance. Every session will focus on perfecting technique within an amazing choreographed routine.

127045-01	5 weeks	Fri	1/12-2/9	5-5:45pm	5-13 yrs	\$67
127045-02	5 weeks	Fri	2/23-3/23	5-5:45pm	5-13 yrs	\$67

## Tiaras and Tutus

**Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street**

Pretend to be your favorite princess in this magical introduction to ballet walks, waltz steps and more. Through fairytale stories every class will be a dream come true. Material fee is \$.50. No class 1/15

122025-01	5 weeks	Mon	1/8-2/12	6-6:30pm	2.5-5 yrs	\$67
122025-02	5 weeks	Mon	2/26-3/26	6-6:30pm	2.5-5 yrs	\$67



## Ballet & Tap Combo

Anne Pennypacker

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No class 1/15

Los Alamitos Community Ctr, 10911 Oak Street

122021-01	5 weeks	Mon	1/8-2/12	3-3:45pm	5-8 yrs	\$67
122021-02	5 weeks	Mon	2/26-3/26	3-3:45pm	5-8 yrs	\$67

Marina Community Center, 151 Marina Dr

122021-03	5 weeks	Wed	1/10-2/7	3-3:45pm	5-10 yrs	\$67
122021-04	5 weeks	Wed	2/21-3/21	3-3:45pm	5-10 yrs	\$67

## Musical Theater Stars

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Calling all entertainers! Casting now... Needed: creative students interested in exploring, dancing, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

122024-01	5 weeks	Wed	1/10-2/7	3:45-4:30pm	5-13 yrs	\$67
122024-02	5 weeks	Wed	2/21-3/21	3:45-4:30pm	5-13 yrs	\$67

## Petit Ballerina

Anne Pennypacker

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Proper suede bottom, pink ballet shoes are required for class. Bedroom slippers will not be allowed.

Marina Community Center 151 Marina Dr

122023-01	5 weeks	Wed	1/10-2/7	2-2:30pm	3-5 yrs	\$67
122023-02	5 weeks	Wed	2/21-3/21	2-2:30pm	3-5 yrs	\$67
122023-03	5 weeks	Wed	1/10-2/7	6-6:30pm	2.5-5 yrs	\$67
122023-04	5 weeks	Wed	2/21-3/21	6-6:30pm	2.5-5 yrs	\$67

Los Alamitos Community Ctr, 10911 Oak Street

122023-05	5 weeks	Fri	1/12-2/9	4:30-5pm	2.5-5 yrs	\$67
122023-06	5 weeks	Fri	2/23-3/23	4:30-5pm	2.5-5 yrs	\$67

## Tiny Tappers!

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap.

112026-01	5 weeks	Wed	1/10-2/7	2:30-3pm	3-5 yrs	\$67
112026-02	5 weeks	Wed	2/21-3/21	2:30-3pm	3-5 yrs	\$67

## Princess Ballet

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed.

142033-01	5 weeks	Thu	1/11-2/8	3-3:45pm	4-7 yrs	\$67
142033-02	5 weeks	Thu	2/22-3/22	3-3:45pm	4-7 yrs	\$67

## Storybook Dance

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Catch the elusive Firebird feather, explore the depths of the ocean, be a toy that comes to life, sail away on a pirate ship and much more! Through creative movements, dancers imaginations will soar in this fun filled class!

127044-01	5 weeks	Thu	1/11-2/8	5:45-6:15pm	3-5 yrs	\$67
127044-02	5 weeks	Thu	2/22-3/22	5:45-6:15pm	3-5 yrs	\$67

## Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well!

111033-01	5 weeks	Thu	1/11-2/8	4:30-5:15pm	6-12 yrs	\$67
111033-02	5 weeks	Thu	2/22-3/22	4:30-5:15pm	6-12 yrs	\$67

## Pre-School Gymnastics

Anne Pennypacker

Marina Community Center  
151 Marina Dr

Class is structured to introduce floor work such as bridge, cartwheels, frog stands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class!

111032-01	5 weeks	Thu	1/11-2/8	5:15-5:45pm	4-6 yrs	\$67
111032-02	5 weeks	Thu	2/22-3/22	5:15-5:45pm	4-6 yrs	\$67

## Dance Fitness

Aniyah Williams, Kidz Talent Academy

North Seal Beach Center, 3333 Saint Cloud Dr

This kids fitness class allows exercise to be effective and fun with a special emphasis on agility, balance and strength. Children will burn calories without even noticing by doing exciting activities such as circuit training. This incredibly fun exercise class incorporates upbeat music that allows you to forget that you are even working out; it's so much fun!

142100-01	5 weeks	Thu	12/7-1/4	6-7pm	5-14 yrs	\$67
142100-02	5 weeks	Thu	1/11-2/15	6-7pm	5-14 yrs	\$67



## Parent & Me Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40pm for Tuesday class and 12:00-2:00pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

113131-01	4 weeks	Tue	1/9-1/30	4:10-4:40pm	3-5 yrs	\$45
113131-02	4 weeks	Sat	1/13-2/3	11:15-11:45am	3-5 yrs	\$45
113131-03	4 weeks	Tue	2/20-3/13	4:10-4:40pm	3-5 yrs	\$45
113131-04	4 weeks	Sat	2/24-3/17	11:15-11:45am	3-5 yrs	\$45

## Ice Skating for Tots

Westminster Ice

Westminster Ice, 13071 Springdale St

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, 30-minute lesson, free practice on day of class (3-5pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

113130-01	4 weeks	Wed	1/10-1/31	5:40-6:10pm	3-5 yrs	\$45
113130-02	4 weeks	Sat	1/13-2/3	10:45-11:15am	3-5 yrs	\$45
113130-03	4 weeks	Wed	2/21-3/14	5:40-6:10pm	3-5 yrs	\$45
113130-04	4 weeks	Sat	2/24-3/17	10:45-11:15am	3-5 yrs	\$45

## Beginning Ice Skating

Westminster Ice

Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (3-4:30pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

123130-01	4 weeks	Thu	1/11-2/1	4:10-4:40pm	6-16 yrs	\$45
123130-02	4 weeks	Sat	1/13-2/3	10:15-10:45am	6-16 yrs	\$45
123130-03	4 weeks	Thu	2/22-3/15	4:10-4:40pm	6-16 yrs	\$45
123130-04	4 weeks	Sat	2/24-3/17	10:15-10:45am	6-16 yrs	\$45

## Ice Hockey Skating Skills

Westminster Ice

Westminster Ice, 13071 Springdale St

Want to play hockey but don't know where to start? Learn the basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3-5pm for Wednesday class and 12-2pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

123141-01	4 weeks	Wed	1/10-1/31	6:10-6:40pm	6-16 yrs	\$45
123141-02	4 weeks	Sat	1/13-2/3	10:45-11:15am	6-16 yrs	\$45
123141-03	4 weeks	Wed	2/21-3/14	6:10-6:40pm	6-16 yrs	\$45
123141-04	4 weeks	Sat	2/24-3/17	10:45-11:15am	6-16 yrs	\$45

## Beginning Volleyball

Maria Fattal, McLaugh Campus Gym, 1698 Bolsa Ave

Learn to play volleyball this winter. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 12/24 & 12/31

133060-01	10 weeks	Sun	12/10-2/25	12-2pm	8-13 yrs	\$180
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## Skatedogs

Skatedogs, Heartwell Park, 5801 E Parkcrest Street, Long Beach

Whether you are just learning or ready to move on to advanced tricks, this class is right for you! This popular sport is a fun and exciting way for skaters to get a great workout while building coordination and self-confidence. The Heartwell Basketball courts will be turned into a temporary skatepark to give you an ideal opportunity to skate like the pros. Fill your morning with ramps and rails as you continue to improve your ability each week. Requirements: A "trick" skateboard, knee pads, elbow pads, and a helmet. Visit [www.skatedogs.com](http://www.skatedogs.com) to view the online skateboard customizer, and to learn what type of skateboard to bring. No Class 12/23 & 12/30

123150-01	5 weeks	Sat	12/2-1/13	9-10:30am	5-13 yrs	\$125
123150-02	5 weeks	Sat	1/27-2/24	9-10:30am	5-13 yrs	\$125

## Skyhawks Mini-Hawk Multi-Sport

Skyhawks Sports, Marina Vista Park, 5355 E Eliot St.

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages.

123180-01	9 weeks	Tue	12/12-2/6	3:30-4pm	2-3.5 yrs	\$155
123180-02	9 weeks	Tue	12/12-2/6	4:15-5pm	3.5-5 yrs	\$155



## Karate

### Karate for Kids

Gary Pitts, Los Alamitos Community Ctr, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meeting with the instructor can be done after class.

122052-01	4 weeks	Tue	1/9-1/30	5-5:30pm	4-12 yrs	\$39
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### Karate

Gary Pitts, Los Alamitos Community Ctr, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents should remain outside classroom.

122051-01	4 weeks	Tue	1/9-1/30	5:30-6:15pm	13-55 yrs	\$49
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## Mommy/Daddy & Me Soccer

Kidz Love Soccer, Heather Park, Heather St & Lampson Ave

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

123995-01 7 weeks Tue 1/30-3/13 5:15-5:45pm 2-3.5 yrs \$101

## Tot/Pre Soccer

Kidz Love Soccer, Heather Park, Heather St & Lampson Ave

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

123997-01 7 weeks Tue 1/30-3/13 4:30-5:05pm 3.5-5 yrs \$101

## Soccer 1

Kidz Love Soccer, Heather Park, Heather St & Lampson Ave

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

123998-01 7 weeks Tue 1/30-3/13 3:45-4:30pm 5-6 yrs \$101

## Hoops Basketball Camps

One on One Basketball, Inc.

McGaugh Campus Gym, 1698 Bolsa Ave

Join our highly-experienced ADULT staff for proven fundamental training and an awesome time. We will focus on proper technique and athletic motor skills that will help your child develop as an athlete and a teammate. Throughout camp we break down the fundamentals of dribbling, shooting, passing, defense and rebounding, and teach the importance of teamwork, good sportsmanship, and communication. We guarantee 3 things – Everyone will Learn, Sweat, and Have Fun! Please send child with a bagged lunch to President's Day camp.

### New Year's Camp

123040-01 4 days Tue-Fri 1/2-1/5 9am-12pm 5-12 yrs \$117

### President's Day Camp

123040-02 1 day Mon 2/19 9am-3pm 5-12 yrs \$60

## Little Hoopers Basketball Program

One on One Basketball, Inc., McGaugh Campus Gym, 1698 Bolsa Ave

Join our highly-experienced ADULT staff for proven fundamental training and an awesome time. We will focus on proper technique and athletic motor skills that will help your child develop as an athlete and a teammate. Throughout camp we break down the fundamentals of dribbling, shooting, passing, defense and rebounding, and teach the importance of teamwork, good sportsmanship, and communication. We guarantee 3 things – Everyone will Learn, Sweat, and Have Fun! Please send child with a bagged lunch to President's Day camp.

123041-01 8 weeks Thu 1/11-3/1 6-6:50pm 5-7 yrs \$130

## Player Development Program

NEW

One on One Basketball, Inc.

McGaugh Campus Gym, 1698 Bolsa Ave

The Player Development Program (PDP) is a progressive fundamental skills curriculum that provides young aspiring basketball players with proven practice techniques to instill efficiency and confidence. This proven curriculum focuses on the essential individual basketball motor-skills: posture and footwork, ball-handling, passing, shooting technique, finishing to the basket, spacing, etc. These skills are taught in the proper progression to ensure understanding and improvement among each player.

123042-01 8 weeks Thu 1/11-3/1 7-7:50pm 8-12 yrs \$130

## Winter Tech Camp

Build It Workspace Staff

Build It Workspace, 4478 Cerritos Ave

Get excited about STEM! This lab-style camp will inspire the maker in your child with a variety of hands-on robotics, mechanical design, and electronics activities. Each day offers a new selection of low and high-tech gear to explore.

113086-01 4 days Tue-Fri 1/2-1/5 9am-12pm 6+ yrs \$200

## Build It Workspace

Build It Workspace, 4388 Cerritos Ave, Los Alamitos

For class descriptions, please visit [register.sealbeachca.gov](http://register.sealbeachca.gov).

## Woodshop

113089-01 4 weeks Wed 1/10-1/31 9:30-10:30am 5-9 yrs \$50

113089-02 4 weeks Sat 1/13-2/3 10:45-11:45am 5-9 yrs \$50

## Build It Arduino: Light It Up

113090-01 8 weeks Sat 1/13-3/3 11am-12pm 10+ yrs \$100

## 3D Creations: Minecraft

113091-01 4 weeks Wed 2/7-2/28 9:30-10:30am 5-9 yrs \$50

113091-02 4 weeks Sat 2/10-3/3 10:45-11:45am 5-9 yrs \$50

## Aerodynamic Car Design

113092-01 4 weeks Wed 2/7-2/28 9:30-10:30am 10+ yrs \$50

113092-02 4 weeks Sat 2/10-3/3 9:30-10:30am 10+ yrs \$50

## 3D Creations Pro

113093-01 4 weeks Wed 1/10-1/31 9:30-10:30am 10+ yrs \$50

113093-02 4 weeks Sat 1/13-2/3 9:30-10:30am 10+ yrs \$50

## Built It Robotics Team

113094-01 4 weeks Thu 1/11-2/1 4-6pm 9-13 yrs \$150

113094-02 4 weeks Sat 1/13-2/3 2:15-4:15pm 9-13 yrs \$150

113094-03 4 weeks Thu 2/8-3/1 4-6pm 9-13 yrs \$150

113094-04 4 weeks Sat 2/10-3/3 2:15-4:15pm 9-13 yrs \$150

## Build It Jr. Robotics Team

113095-01 4 weeks Sat 1/13-2/3 9:30-10:30am 5-9 yrs \$75

113095-02 4 weeks Sat 2/10-3/3 9:30-10:30am 5-9 yrs \$75

## Sensational Sewing

Laura Harvey

Seal Beach Tennis Center Activity Room, 3900 Lampson Ave

Through this class, students will learn the life skill of sewing by hand and machine. They will create many different projects to incorporate their sewing skills. Projects will range from making a fat quarter bag and reusable snack bags to making their own aprons and pajama pants. The more advanced the persons skills, the more advanced the finished projects. Students will be able to use a Brother 6000i sewing machine during class or you may bring your own. \$30 material fee due to instructor at first class meeting.

136085-01	4 weeks	Sat	1/6-1/27	1-3pm	5-10 yrs	\$60
136085-02	4 weeks	Sat	2/10-3/3	1-3pm	5-10 yrs	\$60
136085-03	4 weeks	Sat	1/6-1/27	3:30-5:30pm	10-15 yrs	\$60
136085-04	4 weeks	Sat	2/10-3/3	3:30-5:30pm	10-15 yrs	\$60

## Sensational Sewing for Adults

Laura Harvey, Fire Station 48 Community Room, 3131 N. Gate Rd

Through this class, students will learn the life skill of sewing by hand and machine. They will create many different projects to incorporate their sewing skills. Projects will range from making a fat quarter bag and reusable snack bags to making their own aprons and pajama pants. The more advanced the persons skills, the more advanced the finished projects. Students will be able to use a Brother 6000i sewing machine during class or you may bring your own. \$40 material fee due to instructor at first class meeting.

136086-01	4 weeks	Tue	2/6-2/27	3:30-5:30pm	16+ yrs	\$60
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## Portrait Workshop

Los Alamitos Community Ctr, 10911 Oak Street

Come draw or paint live models with our national award winning artist instructor: Ying Liu. Beginners through advanced students are welcome. Bring medium of choice: pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demos and one-on-one instruction are provided. \$5 model fee due at each class, and one-time \$5 material fee due at first class. No Class 2/17

136096-01	8 weeks	Sat	1/13-3/10	9am-12pm	16+ yrs	\$80
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## Transforming Photos into Paintings

Ying Liu, Los Alamitos Community Ctr, 10911 Oak Street

Have you ever wanted to create a nice painting from your photos - from a trip or of your kids or grand kids, or of your friends? During this workshop, the instructor, Ying Liu, OPA, will help students observe and participate in the complete process of creating a painting or paintings from photos. Students will experience a variety of subjects including figure, portrait, landscape, pets, still-life by working from reference photos or a medium of your liking. The instructor will demonstrate how a painting is developed in oil, primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. No Class 2/14

136097-01	5 weeks	Wed	1/17-2/21	6:30-9:30pm	16+ yrs	\$86
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## Dog Obedience

Dog Services Unlimited

El Dorado Park (hockey courts), 2760 Studebaker Rd, Long Beach

All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS.

166040-01	7 weeks	Thu	1/11-2/22	7:45-8:45pm	9+ yrs	\$98
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## Puppy Kindergarten

Dog Services Unlimited

El Dorado Park (hockey courts), 2760 Studebaker Rd, Long Beach

Start your puppy off on the right paw! Establish good manners and socialization skills at an early age for puppies 2-5 months. Class will include puppy care topics such as housebreaking, teething problems, health-care pointers, and will introduce basic obedience commands. Bring current vaccination records and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES.

166039-01	6 weeks	Sat	1/27-3/3	12-1pm	12+ yrs	\$88
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## Dog Manners "Crash Course"

Dog Services Unlimited

Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Bad habits such as destructive chewing, jumping on people, digging, and barking will also be addressed. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

El Dorado Park (hockey courts), 2760 Studebaker Rd, Long Beach

166043-01	4 weeks	Sat	1/27-2/17	1-2:15pm	12+ yrs	\$86
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Laurel Park, 10862 Bloomfield St, Los Alamitos

166043-02	4 weeks	Thu	2/15-3/8	6-7:15pm	12+ yrs	\$86
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## First Aid, CPR & AED Training

Erik Berg, Fire Station 48 Community Room, 3131 N. Gate Rd

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. There will be a 45 min lunch break, please bring a sack lunch. \$15 book fee due to Instructor.

146031-01	1 day	Sat	11/4	9am-3:30pm	16+ yrs	\$60
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146031-02	1 day	Sat	2/10	9am-3:30pm	16+ yrs	\$60
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## Painting with Mom

BlueSea Care, Fire Station Community Room, 3131 N. Gate Rd

Painting With Mom provides us with the opportunity to revive those moments again in a creative setting that promotes social engagement and stimulation, socializing and most importantly, fun! We're calling on all adult loved ones and moms to join us in this FREE art class. This program is designed to bring families together and awareness to Alzheimers and Dementia. Children age 9 and older are welcome, it is requested that any child between the ages of 9 and 12 be accompanied by a responsible adult in order to participate in the class. **For class dates and times please visit register.sealbeachca.gov.**





## Beginning Ballroom

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as rumba, cha cha, swing, waltz, salsa, fox trot and more! Partner not necessary. No Class 1/15

144020-01	5 weeks	Mon	1/8-2/12	7-7:45pm	18+ yrs	\$67
144020-02	5 weeks	Mon	2/26-3/26	7-7:45pm	18+ yrs	\$67

## Intermediate Ballroom

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Geared towards students with some basic dance experience, Ballroom Intermediate is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary.

144021-01	5 weeks	Wed	1/10-2/7	7:15-8pm	18+ yrs	\$67
144021-02	5 weeks	Wed	2/21-3/21	7:15-8pm	18+ yrs	\$67

## Adult Hip Hop

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor. Every session will have new choreography and a new routine.

142028-01	5 weeks	Wed	1/10-2/7	6:30-7:15pm	18+ yrs	\$67
142028-02	5 weeks	Wed	2/21-3/21	6:30-7:15pm	18+ yrs	\$67

## Adult Tap

Anne Pennypacker, Marina Community Center, 151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

142026-01	5 weeks	Thu	1/11-2/8	7:15-8pm	18+ yrs	\$67
142026-02	5 weeks	Thu	2/22-3/22	7:15-8pm	18+ yrs	\$67

## Wedding Survival

Anne Pennypacker, Marina Community Center, 151 Marina Dr

Whether getting married, mother/ son, father/ daughter dance or simply attending a wedding, this class will prepare you to look your best on the dance floor!

142018-01	4 weeks	Thu	1/11-2/1	6:45-7:15pm	18+ yrs	\$48
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## Jazzercise

Akemi Hanna

North Seal Beach Center, 3333 Saint Cloud Dr

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. CLASS MEETS ON SATURDAYS 7:15-8:15am.

142044-01	7 weeks	Mon & Wed Saturday	12/4-1/20	6-7pm 7:15-8:15am	13+ yrs	\$70
142044-02	7 weeks	Mon & Wed Saturday	1/22-3/3	6-7pm 7:15-8:15am	13+ yrs	\$70

## Jacki Sorensen's Fitness/Dance

Martha Stegen

North Seal Beach Center

3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock 'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional.

142030-01	12 weeks	Tue & Thu	1/2-3/22	4:30-5:30pm	18+ yrs	\$175
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## WERQ

Meghan McLarty

Marina Community Center, 151 Marina Dr

WERQ (pronounced "work") is a wildly addictive and fiercely fun dance fitness class based on the chart topping pop, hip-hop, and rock music that we know and love today! Beyond being easy to follow, WERQ is an effective cardio class that feels more like a dance experience.

142085-01	8 weeks	Mon	1/8-3/5	7:30-8:30pm	13+ yrs	\$107
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## Gentle Nia Dance Fitness

Kathy Streng

Seal Beach Senior Center, 707 Electric Ave

Gentle Nia® is the same movement practice as a Classic Nia® dance cardio experience, but with a slower beat and simplified choreography for greater accessibility. Chairs will be available for stability or to dance seated as desired. Nia® is a life affirming, joyful and healing barefoot practice that includes elements of Tae Kwondo, Aikido, Tai Chi, Jazz, Modern Dance and Isadora Duncan Dance. Nia® must be experienced to understand its gifts.

142080-01 10 weeks Thu 1/4-3/8 11:15am-12:15pm 13+ yrs \$85

## Nia Dance Fitness

Kathy Streng

Marina Community Center, 151 Marina Dr

Nia is a barefoot, mindful and joyous non-impact cardio dance movement practice that promotes "healing from the ground up" as you Dance Your Body's way. A Nia routine offers blended elements of nine movement forms including Aikido, Jazz, Yoga, Modern Dance and Tae Kwon Do. Come explore the pleasure of movement as you discover joy, self-connection and freedom.

142081-01 10 weeks Thu 1/4-3/8 8-8:55am 13+ yrs \$85

## Ageless Grace®

Kathy Streng, Seal Beach Senior Center, 707 Electric Ave

Ageless Grace®, a chair based fitness program for the body and mind, teaches 21 movement tools that address 21 aging factors. To spirited, upbeat music, practice Body Math, Spaghetti Spine, Yo Baby, Zoology, Juicy Joints, Balancing Act and more! Based on the science of neuroplasticity, and the importance of play. Ageless Grace creatively promotes physical and brain health.

142082-01 10 weeks Thu 1/4-3/8 10-10:55am 45+ yrs \$65

## Gentle Yoga

Suzy Hazard, Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

142068-01 11 weeks Tue 1/9-3/20 5:30-6:45pm 18+ yrs \$79



## Pilates

### Beginning Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

Geared for new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend 20 classes before moving to Intermediate level classes. To see if you are a good fit for this beginners class please call Bonnie at (714) 345-2140. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 12/25 & 1/1

142072-01 5 weeks Mon 12/4-1/15 12:30-1:30pm 18+ yrs \$57

142072-02 6 weeks Mon 1/22-2/26 12:30-1:30pm 18+ yrs \$67

### Intermediate Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. No Class 12/25 & 1/1

142069-01 5 weeks Mon 12/4-1/15 11:30am-12:30pm 18+ yrs \$57

142069-02 6 weeks Mon 1/22-2/26 11:30am-12:30pm 18+ yrs \$67

### Advanced Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY who have taken both the Beginning and Intermediate Pilates program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level. Advanced Pilates work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met. No Class 12/28 & 1/4

142071-01 5 weeks Thu 12/7-1/18 12:30-1:30pm 18+ yrs \$57

142071-02 6 weeks Thu 1/25-3/1 12:30-1:30pm 18+ yrs \$67

### Essentrics® for Every Body

Eunis Christensen

Marina Community Center, 151 Marina Dr

Essentrics® is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.

142097-01 9 weeks Tue 1/2-2/27 5:45-6:45pm 18+ yrs \$109



## Essentrics® Aging Backwards

Eunis Christensen

Seal Beach Senior Center, 707 Electric Ave

Aging Backwards is designed to teach clients to listen to their bodies. Often a senior, less mobile or beginner clientele will experience physical issues such as arthritis, frozen shoulder, bursitis, herniated discs, back pain, sciatica and plantar fasciitis. The focus of Aging Backwards class is to relax during movement so as not exacerbate existing conditions, yet still increase range of motion – producing overall ease in functional activities. Chairs are used as balance enhancers for less stable individuals in this standing class.

142098-01	9 weeks	Fri	1/5-3/2	1:30-2:15pm	50+ yrs	\$89
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## Beginning Tai Chi Chih

Suzanne Roady-Ross, Seal Beach Senior Center, 707 Electric Ave

Beginner class. Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting mindfulness and a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 1/15

142073-01	5 weeks	Mon	1/8-2/12	6:40-7:40pm	18+ yrs	\$57
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## Intermediate Tai Chi Chih

Suzanne Roady-Ross, Seal Beach Senior Center, 707 Electric Ave

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting mindfulness and wellness. No Class 1/15

142077-01	5 weeks	Mon	1/8-2/12	5:30-6:30pm	18+ yrs	\$57
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## Fitness with Mari

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Increase your range of motion with this cardiovascular workout that includes balance, stretching and strength. Drop-in class: \$10 per class.

142092-01	24 classes	Mon-Wed	1/8-2/28	9-10am	18+ yrs	\$151
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## Strength & Toning

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Drop-in class: \$10 per class.

142091-01	16 classes	Mon & Wed	1/8-2/28	10-11am	18+ yrs	\$103
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## Zumba

Mari Huelskamp

Marina Community Center, 151 Marina Dr

Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Drop in rate: \$13 per class.

142090-01	8 classes	Mon	1/8-2/26	6:30-7:30pm	18+ yrs	\$87
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142090-02	8 classes	Wed	1/10-2/28	8-9am	18+ yrs	\$87
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142090-03	16 classes	Mon Wed	1/8-2/28	6:30-7:30pm 8-9am	18+ yrs	\$167
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## Aikido

Steve Wasserman, North Seal Beach Center, 3333 Saint Cloud Dr

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own, and belt testing is optional. All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced from 9-10:30am.

142050-01	13 weeks	Mon & Wed	12/4-3/3	7:30-9:30pm	18+ yrs	\$150
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## Beach Boot Camp

Beach Fitness

10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$20 per class online at [register.sealbeachca.gov](http://register.sealbeachca.gov) or indicate your date preference on the registration form.

142062-01	13 weeks	Sat	12/9-3/3	8-9am	18+ yrs	\$136
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## BeachFit Moms

Beach Fitness

10th Street Beach Parking Lot, 10th St @ Ocean Ave

BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. BeachFit Moms is a daily class offered Monday-Saturday. Pay \$20 per class.

142063	1 day	Mon-Sat	12/4-3/4	9:30-10:30am	18+ yrs	\$20/class
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## Vinyasa Yoga – All Levels

Helle Dupont

North Seal Beach Center, 3333 Saint Cloud Dr

Unroll your mat for an invigorating full-body flow where you'll explore the postures and fundamental principles of Vinyasa Yoga. Set to inspiring tunes, this foundation building class will work every muscle through movement and breath at a moderate, yet intuitive pace. Yoga mat required.

142060-01	4 weeks	Fri	1/5-1/26	6:30-7:30pm	15+ yrs	\$47
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142060-02	4 weeks	Fri	2/9-3/2	6:30-7:30pm	15+ yrs	\$47
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## Adult Sports Leagues

### Basketball League

#### Monday Nights

Basketball league begins Jan. 22. \$350 per team, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at [kortiz@sealbeachca.gov](mailto:kortiz@sealbeachca.gov).

### Softball League

#### Men – Tuesdays

#### Coed – Thursdays

Softball league begins Jan. 25 (coed) and Jan. 23 (men). \$400 per team. For information, call Kevin Ortiz, Community Services Department, at (562) 431-2527 ext: 1307, or e-mail [kortiz@sealbeachca.gov](mailto:kortiz@sealbeachca.gov). **Dates subject to change due to weather.**

## Ice Skating for Adults

### Westminster Ice

### Westminster Ice, 13071 Springdale St

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4- week session. Please arrive 15 minutes early to the 1st class and dress warm.

123131-01	4 weeks	Wed	1/10-1/31	6:40-7:10pm	17+ yrs	\$45
123131-02	4 weeks	Sat	1/13-2/3	10:15-10:45am	17+ yrs	\$45
123131-03	4 weeks	Wed	2/21-3/14	6:40-7:10pm	17+ yrs	\$45
123131-04	4 weeks	Sat	2/24-3/17	10:15-10:45am	17+ yrs	\$45



## Kickball

### Coed Kickball League



Coed Kickball league begins Jan. 24. \$300 per team, plus \$15 per game for umpire. For more information, call Kevin Ortiz in Community Services Department at (562) 431-2527 ext: 1307, or email [kortiz@sealbeachca.gov](mailto:kortiz@sealbeachca.gov). Dates subject to change due to weather.



# SEAL BEACH TENNIS CENTER

3900 Lampson Ave. • 562-598-8624 • [www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com)

The Seal Beach Tennis Center is a beautiful facility open to the public 7 days per week, and offering tennis programs and activities for all ages and skill levels. Center includes 16 tennis courts, indoor fitness facility, pro shop, clubhouse and full locker rooms. Visit [www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com) for our upcoming events and the latest SBTC tennis news!

#### Tennis Programs

- Adult Tennis Programs
- Private & group lessons by USPTA/PTR instructors
- City Recreation tennis classes
- Weekly Tennis Drop-In Drills
- Tuesday night Doubles
- Personal training
- Special tennis events & tournaments
- Pacific Sun/Senior Sirs Leagues
- USTA/WTT Leagues
- Tennis memberships
- And much more...

#### Junior Tennis Programs

- SBTC Junior Academy:
  - Mondays & Wednesdays: 4:00pm-6:00pm
  - Friday Match Play: 4:00pm-6:00pm
- Tiny Tots classes for ages 4-5
- Summer Tennis Camps
- USTA Junior Team Tennis
- Private & group lessons by USPTA/PTR instructors

#### Tennis Professionals

Our facility is home to a number of USPTA/PTR Certified Tennis Professionals who can assist you with all your tennis needs.

#### Facility & Services

The SBTC includes:

- Tennis and pickleball supplies
- Babolat exclusive dealer of tennis equipment
- Snacks & beverages
- 24-hour turnaround racquet restringing

#### NEW! 5 pickleball courts (4 with lights)

Organized play times:  
Monday-Friday: 4:30pm-7:30pm  
Thursday: 9:00am-11:00am  
Pickleball Memberships available

#### Clubhouse & Tennis Courts

The Clubhouse and Tennis Courts are available to rent for your next special occasion, event, training or corporate meeting. Call 562-598-8624 for a quote or visit [www.sealbeachtenniscenter.com](http://www.sealbeachtenniscenter.com) for an application.

#### Tennis Center Public Hours

Monday – Friday 12 - 9:30 p.m.  
Saturday & Sunday 12 - 5:30 p.m.  
The general public may reserve courts four days in advance.

#### General Public Fees

- 12 - 5 p.m. – \$10 per hour/court
- 5 - 9:30 p.m. – \$12 per hour/court
- Seal Beach Residents receive a \$2 discount per hour, per court
- Junior Rates (17 years and under) – \$5 per hour per court





## M&M Surfing

### 5 Day Lessons

**M&M Surf Instructors**  
8th Street Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 30 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. In the checkout screen please indicate the 5 days of your choice during the week indicated in this class session. Please bring your receipt to lessons.

167061-01	5 days	Mon-Sun	12/4-12/10	8am-12pm	All ages	\$287
167061-02	5 days	Mon-Sun	12/11-12/17	8am-12pm	All ages	\$287
167061-03	5 days	Mon-Sun	12/18-12/24	8am-12pm	All ages	\$287
167061-04	5 days	Mon-Sun	12/25-12/31	8am-12pm	All ages	\$287
167061-05	5 days	Mon-Sun	1/1-1/7	8am-12pm	All ages	\$287
167061-06	5 days	Mon-Sun	1/8-1/14	8am-12pm	All ages	\$287
167061-07	5 days	Mon-Sun	1/15-1/21	8am-12pm	All ages	\$287
167061-08	5 days	Mon-Sun	1/22-1/28	8am-12pm	All ages	\$287
167061-09	5 days	Mon-Sun	1/29-2/4	8am-12pm	All ages	\$287
167061-10	5 days	Mon-Sun	2/5-2/11	8am-12pm	All ages	\$287
167061-11	5 days	Mon-Sun	2/12-2/18	8am-12pm	All ages	\$287
167061-12	5 days	Mon-Sun	2/19-2/25	8am-12pm	All ages	\$287
167061-13	5 days	Mon-Sun	2/26-3/4	8am-12pm	All ages	\$287

### 3 Hour Group Lesson

167063-01	1 day	Mon-Sun	12/4-3/4	8am-12pm	All ages	\$87
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### 1 Hour Group Lesson

167064-01	1 day	Mon-Sun	12/4-3/4	8am-12pm	All ages	\$77
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### 1 Hour Semi-Private Lesson

167065-01	1 day	Mon-Sun	12/4-3/4	8am-12pm	All ages	\$97
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### 1 Hour Private Lesson

167066-01	1 day	Mon-Sun	12/4-3/4	8am-12pm	All ages	\$115
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## Surf Lessons with Chas Wickwire

### Sunday Surf Lessons

**Chas Wickwire**  
1st Street Beach, 1st St @ Ocean Ave

Chas is a 4-time National Amateur Surfing Champion with over 43 years of surfing experience. With a B.A. in communications, Chas will share his surfing knowledge in a positive, safe, fun-filled environment. Courses teach basic ocean knowledge, line-up etiquette, surfing techniques and good safety habits. All ages are welcome! Surfboards and wetsuits provided. This class is good for any ONE Sunday lesson. Please indicate your date preference in the note section on the checkout screen. No class 12/24

167053-01	1 day	Sun	12/10-2/18	10am-12pm	All ages	\$67
167053-02	4 days	Sun	12/10-2/18	10am-12pm	All ages	\$207
167053-03	10 days	Sun	12/10-2/18	10am-12pm	All ages	\$357

### High School Surf Team Coaching

**Chas Wickwire**  
1st Street Beach, 1st St @ Ocean Ave

Course is designed to help High School Surf Team members and aspiring members to better understand surf competition strategies and the judging criteria. Course emphasis is on improving technique and maximizing scoring potential for each individuals skill set. Lessons by appointment only, and are available during the week from 3:30pm - 5pm, or on the weekend from 8am - 9:30am. When registering, please indicate your date preference on your registration form, or in the note section on the checkout screen.

167050-01	1 day	Mon-Fri Sat & Sun	12/4-3/4	3:30-5pm 8-9:30am	11-18 yrs	\$77
167050-02	4 days	Mon-Fri Sat & Sun	12/4-3/4	3:30-5pm 8-9:30am	11-18 yrs	\$257
167050-03	6 days	Mon-Fri Sat & Sun	12/4-3/4	3:30-5pm 8-9:30am	11-18 yrs	\$407



# Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527 Extension 1344

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

## Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department. \$10 pass reissuing fee for all lost passes.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$50
Monday-Thursday	6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$100
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$255 (No guests)
Monday-Friday	6pm-6:30pm	Youth	16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

## Renew Your Swim Pass Online!

If you have already been issued an electronic card by the Community Services Department and would like to renew your swim pass, visit [register.sealbeachca.gov](http://register.sealbeachca.gov).

## Private Swim Lessons

Call Nora Jean Terborch at (562) 430-9612 to arrange a private lesson.

## Seal Beach Swim Team

The Seal Beach Swim Team is privately operated that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

## Seal Beach Aquatics

### Pool Lifeguards

McGaugh Campus Pool, 1698 Bolsa Ave

Swim Seal Beach is a program with the goal of providing a fun, safe environment in which to introduce kids to the world of aquatics programs in a non-competitive setting. This will be accomplished through a variety of activities that focus on the following areas: water safety, proper swimming technique in the four basic strokes, introduction to the fundamentals of water polo and basic passing/shooting skills. Requirement: Participants must be at least 7 years old AND be able to complete 50 yards (2 laps) of uninterrupted freestyle. Upon signing up, it is mandatory for a parent to be on the pool deck for the first class meeting to ensure participants can pass the swim test. Children that cannot pass the test will not be allowed to participate.

424029-02	5 weeks	Mon-Thu Wed	1/8-2/8	2:30-3:30pm 1:15-2:15pm	7-18 yrs	\$155
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## Deep Water Aerobics

Cheryl von der Hellen, McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyance Cuffs at Competitive Aquatic Supply (800-421-5192) or [casswimshop.com](http://casswimshop.com).

144010-01	5 weeks	Mon & Wed	1/8-2/7	5:30-6:30pm	18+ yrs	\$65
144010-02	5 weeks	Mon & Wed	2/12-3/14	5:30-6:30pm	18+ yrs	\$65





## Tennis Lessons taught by Brian Collison

For more information, call 562-598-8624.

### KIDS BEGINNING (4-6 years) No class: 12/25, 12/27, 1/1, 1/3, 2/19, 2/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133020-01	12/4-1/15	Mon	4-4:30pm	\$42	Heather Park
133020-02	1/22-2/26	Mon	4-4:30pm	\$42	Heather Park
133020-03	12/6-1/17	Wed	4-4:30pm	\$42	Marina Park
133020-04	1/24-2/28	Wed	4-4:30pm	\$42	Marina Park

### KIDS INTERMEDIATE (5-6 years) No class: 12/26, 1/2, 2/20

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133020-05	12/5-1/16	Tue	4-4:30pm	\$42	Heather Park
133020-06	1/23-2/27	Tue	4-4:30pm	\$42	Heather Park

### JUNIORS BEGINNING (7-10 years) No class: 12/25, 12/27, 1/1, 1/3, 2/19, 2/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133021-01	12/4-1/15	Mon	4:30-5:30pm	\$84	Heather Park
133021-02	1/22-2/26	Mon	4:30-5:30pm	\$84	Heather Park
133021-03	12/6-1/17	Wed	4:30-5:30pm	\$84	Marina Park
133021-04	1/24-2/28	Wed	4:30-5:30pm	\$84	Marina Park

### JUNIORS INTERMEDIATE (7-10 years) No class: 12/26, 1/2, 2/20

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133021-05	9/5-10/10	Tue	4:30-5:30pm	\$84	Heather Park
133021-06	10/24-11/28	Tue	4:30-5:30pm	\$84	Heather Park

### TWEENS BEGINNING (11-13 years) No class: 12/25, 12/27, 1/1, 1/3, 2/19, 2/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133023-01	12/4-1/15	Mon	5:30-6:30pm	\$84	Heather Park
133023-02	1/22-2/26	Mon	5:30-6:30pm	\$84	Heather Park
133023-03	12/6-1/17	Wed	5:30-6:30pm	\$84	Marina Park
133023-04	1/24-2/28	Wed	5:30-6:30pm	\$84	Marina Park

### TWEENS INTERMEDIATE (11-13 years) No class: 12/26, 1/2, 2/20

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133023-05	12/5-1/16	Tue	5:30-6:30pm	\$84	Heather Park
133023-06	1/23-2/27	Tue	5:30-6:30pm	\$84	Heather Park

### ADULTS BEGINING (14+ years) No class: 12/25, 12/27, 1/1, 1/3, 2/19, 2/21

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133022-01	12/4-1/15	Mon	6:30-7:30pm	\$84	Heather Park
133022-02	1/22-2/26	Mon	6:30-7:30pm	\$84	Heather Park
133022-03	12/6-1/17	Wed	6:30-7:30pm	\$84	Marina Park
133022-04	1/24-2/28	Wed	6:30-7:30pm	\$84	Marina Park

### ADULTS INTERMEDIATE (14+ years) No class: 12/26, 12/28, 1/2, 1/4, 2/20, 2/22

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133022-05	12/5-1/16	Tue	6:30-7:30	\$84	Heather Park
133022-06	1/23-2/27	Tue	6:30-7:30	\$84	Heather Park
133022-07	12/7-1/18	Thur	6:30-7:30	\$84	Marina Park
133022-08	1/25-3/1	Thur	6:30-7:30	\$84	Marina Park

## Seal Beach Tennis Center

For more information, call 562-598-8624.

### TINY TOTS (4-5 years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133035-01	1/10-1/31	Wed	3:15-3:45pm	\$40	SBTC
133035-02	2/7-2/28	Wed	3:15-3:45pm	\$40	SBTC
133035-03	1/13-2/3	Sat	11-11:30pm	\$40	SBTC
133035-04	2/10-3/3	Sat	11:30-12pm	\$40	SBTC

### ADULT BEGINNING (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133030-01	1/17-2/28	Wed	10:30-11:30	\$105	SBTC

### PICKLEBALL (16+ years)

Instructor: Brenda Danielson

Pickleball is played on a striped 20'x40' court, similar to a tennis court with right and left service and combines the elements of tennis, badminton, and Ping-Pong. The game is played with paddles that are smaller than tennis racquets and larger than ping pong paddles and a plastic whiffle-type yellow or white ball. Pickleball paddles and balls are available for purchase in the SBTC pro-shop.

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
133040-01	1/15	Mon	6-7pm	\$15	SBTC
133040-02	2/5	Mon	6-7pm	\$15	SBTC
133040-03	2/26	Mon	6-7pm	\$15	SBTC



## Recreation Scholarship Program

Interested in signing up for a Recreation class but can't afford it? Thanks to local community groups who have graciously donated funds, the City of Seal Beach offers scholarships to low-income residents (toddlers, teens, and seniors). Pick up a scholarship application at the Community Services Department. Apply today, funds are limited.

## Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8 a.m.-2 p.m. Lunch is served at 11:15 a.m. For more information, please call (562) 430-6079 between the hours of 11 a.m. and 1 p.m. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

## Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule a date, time, and location.

The service can be made for any reason such as doctor's appointments, retail/grocery shopping and dining excursions (within the City of Seal Beach). For medical purposes only, this service may be used within three miles outside the City limits in Orange County.

**Attention Leisure World Residents:** The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

## Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

## Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10 a.m. and 1 p.m. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

## In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8 a.m.-5 p.m. For more information, call (714) 220-0224.

## Shopper Shuttle

The Shopper Shuttle provides transportation to shopping centers throughout the City of Seal Beach. The Shopper Shuttle runs in North Seal Beach Monday through Wednesday 8 a.m. to 4:30 p.m., Thursday 8 a.m. to 2 p.m. and Friday 8 a.m. to 4:30 p.m. The Shuttle runs in Old Town and Seal Beach Pier Thursday 8 a.m. to 4:30 p.m. For more information and pickup locations, please call (562) 439-3699 or Public Works at (562) 431-2527 ext. 1317.

## Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

## Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

## Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

## Eye Health 101

**Nimesh Pathak, MD, North Seal Beach Center, 3333 Saint Cloud Dr**

As we age, our eyes are constantly changing. Become informed about diabetes, cataracts, macular degeneration, glaucoma and much more. Dr. Pathak will discuss your eye health and what you can do to protect your sight. These lectures are always changing so feel free to attend them all. Afterwards he will open the floor for discussion and questions. Lectures are given during Senior Meals.

1 day	Wed	1/24	10-11am	All ages	FREE
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## Medicare 101

**Cesar Arteaga, Seal Beach Senior Center, 707 Electric Ave**

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

156040-01	1 day	Mon	12/11	10-11am	64+ yrs	FREE
156040-02	1 day	Mon	1/8	10-11am	64+ yrs	FREE



# Map & Facilities

**Amenity Key** Updated December 2012

- Baseball Fields
- Basketball Courts
- Bike Racks
- Bleachers
- Classes Offered Here
- Community Center
- Community Garden
- Drinking Fountains
- Dugout Bench
- Gravel Parking Area
- Gymnasium
- Handball Courts
- Park Benches
- Paved/Striped Parking Spaces
- Pet Waste Dispenser
- Picnic Shelters
- Picnic Tables
- Portable Toilets
- Reservable
- Restrooms
- Soccer Fields
- Softball Fields
- Swimming Pool
- Swing Sets
- Tennis Courts
- Tetherball
- Tot Lot/Playgrounds
- Trash Receptacles
- Volleyball Courts



Map not to scale.

## Park/ Facility

**L = Lit U = Unlit i = Indoor**

<b>1</b> Almond Park – 4600 Almond Ave. in College Park East	
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# 5 easy ways to REGISTER TODAY

## 1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

**City of Seal Beach**  
**ATTN: Finance Department**  
211 8th Street  
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

## 2 WALK IN

**Open Monday - Friday**  
Registration in person at Seal Beach City Hall from 8 a.m. -5 p.m. Monday through Friday. Closed daily from 12-1p.m.

## 3 ONLINE

Register for classes from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more!

If you have registered for any classes, camps, or swim passes through our department but have not registered online please call the Community Services Department for your user ID & password. Register online at: [register.sealbeachca.gov](http://register.sealbeachca.gov)

## 4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-3498**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

## 5 E-mail

Scan and e-mail your registration to [communityservices@sealbeachca.gov](mailto:communityservices@sealbeachca.gov)

## Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee minus the \$7 admin fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

## Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

## Community Services Department

### City of Seal Beach

211 8th Street  
Seal Beach, CA 90740  
Office (562) 431-2527 ext. 1344  
Fax (562) 430-3498

### Office Hours

Monday - Friday; 8am - 5pm  
(closed daily 12-1pm for lunch)

**For Your Information:** We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

**CONTENT:** We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

**Online Registration begins Nov. 6, 2017**

**Walk-in and Mailed Registration begins Nov. 13, 2017**

*Please register early to avoid class cancellations.*

## Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach Shoreline? If so, you can email them to Jessica at [JJacobs@sealbeachca.gov](mailto:JJacobs@sealbeachca.gov).

### Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."





211 8th Street, Seal Beach, Ca 90740  
Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

ADULT NAME: \_\_\_\_\_  
LAST NAME FIRST NAME

E-MAIL: \_\_\_\_\_

ADDRESS: STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: HOME # \_\_\_\_\_ WORK# \_\_\_\_\_ MOBILE # \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE # \_\_\_\_\_

Drivers License #: \_\_\_\_\_ EXP DATE: \_\_\_\_\_

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
					TOTAL	\$	

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

(PARTICIPANT/PARENT OR GUARDIAN)

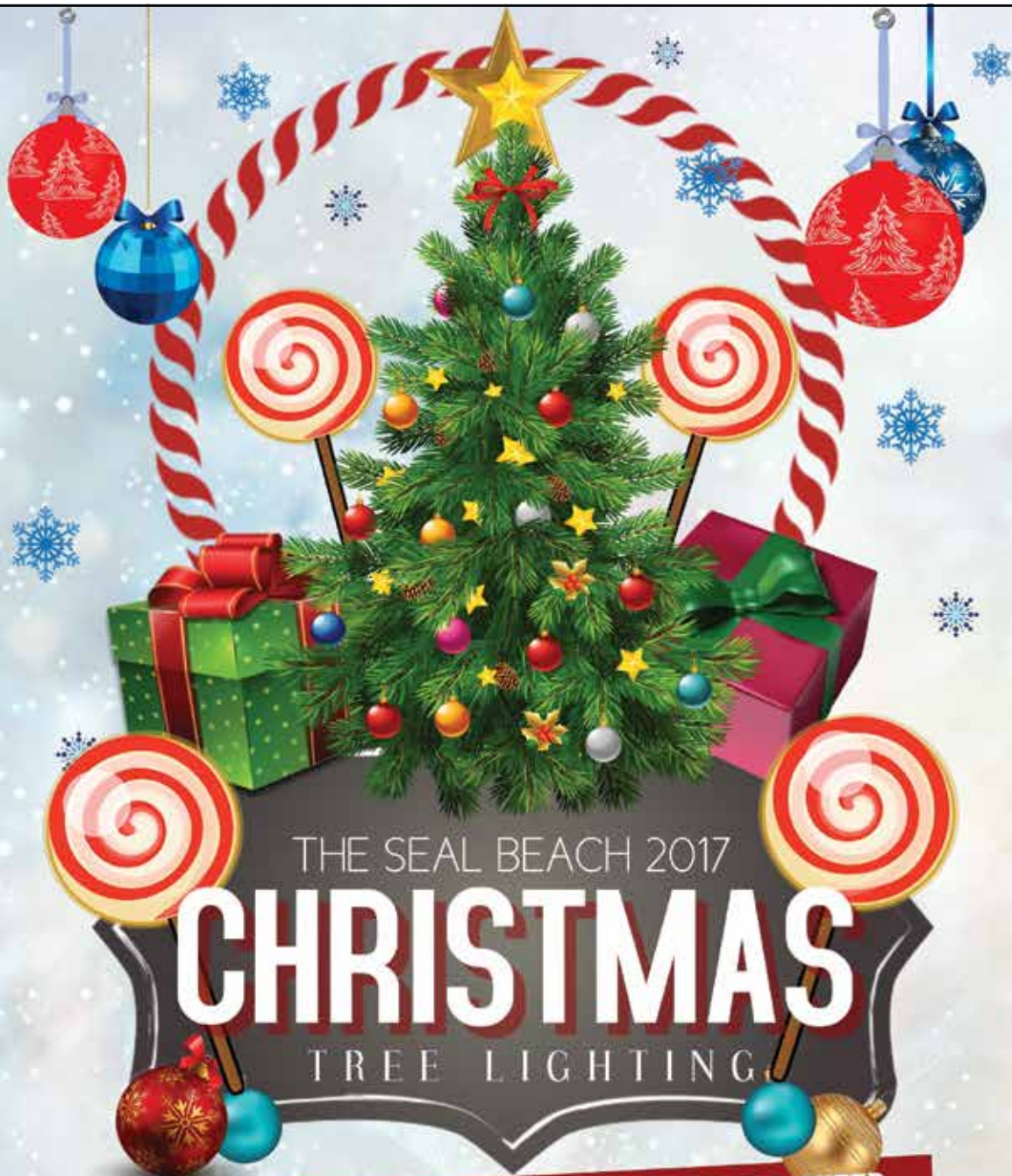
MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

SIGNATURE \_\_\_\_\_ TOTAL CHARGED TO ACCT: \$ \_\_\_\_\_

**City of Seal Beach**  
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Seal Beach, CA 90740

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THE SEAL BEACH 2017  
**CHRISTMAS**  
TREE LIGHTING

**SANTA \* SNOW \* SMALL TOWN CHRISTMAS CHEER**

**SATURDAY, NOVEMBER 18TH 2017**  
**4:00pm-8:00pm**  
**EISENHOWER PARK, SEAL BEACH**

[www.sealbeachchamber.org](http://www.sealbeachchamber.org) \* [www.sealbeachca.gov](http://www.sealbeachca.gov)